

































Virginia Beach (outer coast), VA - Aug 1989

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	8:18	3.4	8:34	4.1	2:24	0.1	2:13	0.2	6:09	8:10	
2	Wed	9:01	3.5	9:12	4.0	3:01	0.1	2:55	0.2	6:10	8:09	
3	Thu	9:42	3.6	9:49	3.9	3:35	0.1	3:36	0.4	6:11	8:08	
4	Fri	10:22	3.6	10:25	3.7	4:09	0.2	4:18	0.5	6:12	8:07	
5	Sat	11:02	3.6	11:02	3.5	4:43	0.3	5:02	0.7	6:12	8:06	
6	Sun	11:40	3.6	11:39	3.3	5:18	0.4	5:47	0.8	6:13	8:05	
7	Mon			12:17	3.6	5:54	0.5	6:33	0.9	6:14	8:04	
8	Tue	12:17	3.0	12:56	3.6	6:31	0.6	7:21	1.0	6:15	8:03	
9	Wed	12:58	2.8	1:41	3.5	7:12	0.8	8:14	1.1	6:16	8:02	
10	Thu	1:46	2.7	2:36	3.5	7:59	0.8	9:13	1.1	6:16	8:01	
11	Fri	2:47	2.6	3:37	3.6	8:54	0.9	10:11	1.0	6:17	8:00	
12	Sat	3:54	2.6	4:35	3.8	9:51	0.8	11:06	0.9	6:18	7:59	
13	Sun	4:54	2.8	5:29	4.0	10:47	0.7			6:19	7:57	
14	Mon	5:50	3.0	6:21	4.2	12:01	0.7	11:45 AM	0.5	6:20	7:56	
15	Tue	6:45	3.3	7:10	4.4	12:51	0.4	12:42	0.3	6:21	7:55	
16	Wed	7:35	3.6	7:57	4.5	1:37	0.2	1:36	0.1	6:21	7:54	
17	Thu	8:22	3.9	8:42	4.5	2:18	-0.1	2:26	0.0	6:22	7:53	
18	Fri	9:09	4.2	9:27	4.4	2:59	-0.2	3:16	-0.1	6:23	7:51	
19	Sat	9:58	4.4	10:15	4.3	3:41	-0.3	4:09	0.0	6:24	7:50	
20	Sun	10:48	4.6	11:05	4.0	4:27	-0.3	5:06	0.1	6:25	7:49	
21	Mon	11:40	4.6	11:56	3.7	5:16	-0.2	6:06	0.3	6:26	7:47	
22	Tue			12:33	4.5	6:07	0.0	7:08	0.5	6:26	7:46	
23	Wed	12:49	3.4	1:31	4.4	7:02	0.2	8:16	0.6	6:27	7:45	
24	Thu	1:50	3.2	2:41	4.2	8:02	0.4	9:28	0.7	6:28	7:43	
25	Fri	3:08	3.1	3:57	4.1	9:10	0.5	10:36	0.8	6:29	7:42	
26	Sat	4:25	3.1	5:03	4.1	10:17	0.6	11:38	0.7	6:30	7:41	
27	Sun	5:30	3.2	6:01	4.1	11:22	0.6			6:30	7:39	
28	Mon	6:27	3.4	6:52	4.1	12:34	0.6	12:24	0.6	6:31	7:38	
29	Tue	7:17	3.6	7:35	4.1	1:21	0.5	1:17	0.5	6:32	7:36	
30	Wed	7:59	3.8	8:12	4.1	1:59	0.4	2:01	0.5	6:33	7:35	
31	Thu	8:37	3.9	8:45	4.0	2:31	0.4	2:38	0.5	6:34	7:34	